



# RSVP News

RSVP – Responding to a Call to Serve

Summer 2007

## FROM THE PROJECT DIRECTOR

*Dear RSVP Volunteer:*

*Andrea Jolly, Director of the Montgomery County Volunteer Center for the past 15 years has announced her retirement. She will be leaving as of June 30<sup>th</sup>. This is a great loss to the Center. She has always valued the contribution that volunteers make in our community and because of her vision and dedication to this work she has helped to make the Montgomery County Volunteer Center among the best in the country!*

*Beginning in July, I will be Acting Director of the Center and will remain so until a permanent replacement is selected. Kathleen Meaney Stobie, who normally works part-time, will be working additional hours to make sure that RSVP keeps running smoothly and that we are available to you as needed.*

*Congratulations to our Tax-Aide volunteers for another remarkably successful tax season. Nearly 4,000 tax returns were prepared this season and 85% of them were e-filed. From January to April, over 100 Tax-Aide volunteers worked so hard and helped so many. For their dedication, they were honored at a lovely brunch hosted by **Brighton Gardens of Tuckerman Lane**. Our thanks to Beth McLean, Director of Community Relations, for sharing their beautiful facility with us.*

*At Strathmore Mansion on May 21<sup>st</sup>, Montgomery County Executive Ike Leggett honored five amazing seniors at the 10<sup>th</sup> Annual Path of Achievement Awards. The awards were established to acknowledge older county residents for significant accomplishments and inspire others to engage in similar efforts. Congratulations to all the winners and to all of the nominees. It was a remarkable group of applicants again this year.*

*Sincerely,*

*Ann*

*Ann B. Evans  
RSVP Project Director*

## 2007 PATH OF ACHIEVEMENT WINNERS

### **Helen Abrahams for Workplace Contribution**

With the Department of Recreation's Senior Programs for over 21 years, Helen Abrahams has provided nationally acclaimed programming to older county adults including the "Elder Law Series" and "Dating After 50." She also creates partnerships such as *Heartwell* with Suburban Hospital. Helen does it all with spirit, dedication and her trademark sense of humor.

### **Chester Kneller for Sports & Fitness**

As a youth, Chester Kneller was a champion swimmer and water polo player. Today at 94, he is still in the pool – sharing his passion teaching swimming to people with disabilities through the Gudelsky Swim Program run by the Jewish Community Center, which offers free swim sessions for people with multiple disabilities.

### **Karen S. Montgomery for Advocacy**

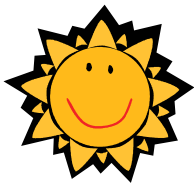
Karen Montgomery became an advocate when her son was diagnosed with Autism in 1967. She started a special educational program for high schoolers with Autism and became involved with Community Services for Autistic Adults and Children. Karen has also worked directly with local groups, agencies and commissions to advocate for and enrich the lives of senior citizens. In 2002 Karen was elected to the Maryland House of Delegates (District 14).

### **Eloise Strand for Community Service**

Retired Army colonel Eloise Strand has lived in Montgomery County for 34 years and has volunteered extensively for many non-profit organizations including: Vietnam Veterans Memorial; Montgomery County Food Network, American Cancer Society's Thrift Shop; the Montgomery Hospice Society as a bereavement counselor and Board member; and the Health Care Ministry, serving as Vice President of the Board.

### **Sammie Young for Community Service**

Sammie Young's involvement in Montgomery County dates back to the 1970s, including Colesville Meals on Wheels, the Montgomery County Conservation Corps Board of Directors, and the Court Appointed Special Advocate program. He joined the *Keep Montgomery County Beautiful* Task Force when it was first created in 1984 and has been a force in the *Adopt-a-Road* program. He also gives his time to the Friendly Visitors Program and the Long Term Care Ombudsman program.

**SUMMERTIME ...AND THE VOLUNTEERING IS EASY!**

*Let your light shine ... and/or tell a friend, relative or neighbor about these "help wanteds" below.*

**HELP SAVE THE FOREST!**

Join the Montgomery County Parks Natural Resources Team and Isaac Walton League in removing invasive plants that are drastically impacting our natural lands:

**Thursday, July 19 7:00 pm - 8:30 pm**

Green Farm with the Isaac Walton League  
8711 Snouffer School Road, Gaithersburg  
(Yes, this is an *evening* event – it's cooler then!)

On service road, follow signs to ISWL and meet at the gazebo at the Green Farm. We will be walking to identify native plants and work on removing them. Participants should bring gloves, pruners, water and dress for working and hiking outdoors.

**Sunday, July 29 9:00 am – noon**

Damascus Isaac Walton League  
26430 Mullinix Mill Road, Damascus

Join us for a presentation to learn about invasive plants followed by field work removing invasives. Participants should bring gloves, pruners, water, and dress for working outdoors.

Call for information and to sign up at 301-949-0223 or email at [Lynette.Scaffidi@mncppc-mc.org](mailto:Lynette.Scaffidi@mncppc-mc.org)

**BROOKSIDE GARDENS**

*We Need Volunteers for All Seasons!*

Brookside Gardens volunteers have more fun! We offer rewarding jobs and volunteer appreciation events. Volunteers are needed in the following areas: Gift Shop Assistants, Butterfly Exhibit Volunteers and *Children's Day* Event Volunteers (**September 15, 2007**). Please contact Ellen Hartranft, Volunteer Coordinator, at 301-962-1429 or [ellen.hartranft@mncppc-mc.org](mailto:ellen.hartranft@mncppc-mc.org) to learn more about these and other volunteer opportunities.

P.S. Even if you can't volunteer, come visit Brookside's



*Wings of Fancy* butterfly exhibit; it runs through September 16, 2007.

Web site: [www.brooksidegardens.org](http://www.brooksidegardens.org)

**Quarterly Quotable Quote**

*How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in life you will have been all of these.*

—George Washington Carver

**"MOW" NOW!*****Meals on Wheels (MOW) Programs Need You!***

Three MOWs have **immediate** needs:

- **Rockville MOW** needs Board members and drivers. Contact Judy Henry at 301-765-0540 or [dhenry.fam@comcast.net](mailto:dhenry.fam@comcast.net).
- **MOW of Central Maryland** needs drivers. Contact Karen Saul at 1-877-730-9476 or [saul@mowcm.org](mailto:saul@mowcm.org) or [volunteer@mowcm.org](mailto:volunteer@mowcm.org).
- **MOW of Wheaton** needs drivers, visitors, and food packers. Contact Mary O'Brien at 301-942-1111 or [MOWofWheaton@comcast.net](mailto:MOWofWheaton@comcast.net)

Other Meals on Wheels need volunteers, too:

**Colesville MOW**; contact Sarah Day, 301-384-5735.

**Gaithersburg MOW**; contact the Asbury Volunteer Office, 301-216-4200, and leave a message.

**Germantown MOW**; contact Cindy Majane, 301-251-8885 (leave a message) or [info@mowgermantown.com](mailto:info@mowgermantown.com)

**Jewish Social Services Agency MOW**; contact Diane Hays-Eart, 301-816-2639 or [dhaysearp@jssa.org](mailto:dhaysearp@jssa.org)

**MOW of Takoma Park**; contact Jill Feasley, 301-434-1922 or [jfeasley@us.net](mailto:jfeasley@us.net)

Questions? Call Marilyn Mower, Director of Montgomery County's Senior Nutrition Program, at 240-777-1064 or [marilyn.mower@montgomerycountymd.gov](mailto:marilyn.mower@montgomerycountymd.gov).

**From the RSVP Coordinator**

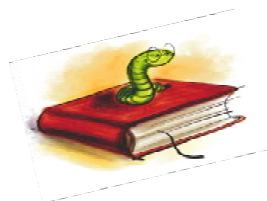
Did you check out our new look on page 1 of this issue? It's an effort to present a consistent "face" ... always smiley, of course! 😊 ... for the Montgomery County Volunteer Center --the home sweet home for RSVP.

And keep smiling this summer! Things tend to slow down in the summer as folks go away and our famous humidity makes some of us (me!) want to bond with the closest A/C. But there's summer time stuff to do! Frolic in the forest with the Parks people or help out those wonderful Meals on Wheels programs that keep "rolling" all year 'round. Did you know they call it Meals on *Heels* in Brooklyn, NY, because volunteers *walk* around with carts to deliver meals. Anything to avoid parallel parking, eh?

Whatever you do, wherever you go ... take good care!

*Kathleen*

Kathleen Meaney Stobie



## SEPTEMBER IS BACK-TO-SCHOOL TIME!

Whether you go back to grade school to tutor or take some classes yourself, here are some great opportunities for you to check out!

### OSHER LIFELONG LEARNING INSTITUTE

#### AT THE UNIVERSITY OF MARYLAND

Pursue Exciting New Growth Opportunities at the *Osher Lifelong Learning Institute* at the University of Maryland. You can increase your knowledge and learn specific new skills, meet new and interesting people who are also seeking challenges and use your leadership skills, experience, and talent to make meaningful contributions in your community.

For more information and a schedule of fall classes at UMD in College Park and Shady Grove/ Rockville visit our Web site at [www.hhp.umd.edu/health\\_services/osher](http://www.hhp.umd.edu/health_services/osher) or call 301-314-2582.

### OASIS Montgomery

#### *Making Learning an Adventure for You!*

OASIS is a national non-profit educational organization that is free to join and open to anyone 50+. Its programs are designed to enhance the quality of life for mature adults through programs in the arts, wellness, technology and volunteer service.

OASIS classes start the week of September 17<sup>th</sup>. Registration by mail will begin prior to that and on-site in early September. Most classes are held at the Montgomery Mall location, but there are exercise and a few other classes held off-site in synagogues and at recreation centers. Catalog will be ready for mailing by late August. To receive a catalog for fall classes, please call OASIS at Macy's Home Store, Montgomery Mall, 301-469-6800, extension 211 between 10:00 am – 4:00 pm, Monday through Friday.

#### *Making Learning an Adventure for Children!*

To learn about OASIS' unique **intergenerational tutoring program**, call Kay Meek at 301-588-5416 (home) or email [krm5416@aol.com](mailto:krm5416@aol.com). Fall training at the Montgomery Center is **September 10-11, 2007**. Training at an up county location will be later in September. Tutors focus on reading one-on-one with elementary students in 28 schools in Montgomery County and DC. Come join over 100 dedicated adults who make a difference in the lives of students!



**Interages®**

#### SHARE YOUR SKILLS & FRIENDSHIP WITH A CHILD VOLUNTEER AS A TUTOR OR MENTOR

- Dozens of participating Montgomery County Schools
  - Daytime hours, Sept-May  
(for as little as one hour/week!)
- All training, materials, supervision provided

#### MARK YOUR CALENDARS!!

#### VOLUNTEER INFORMATION FAIR

Wed, Sept 5, 2007 10:00 am – 2:00 pm

Holiday Park Senior Center

Second Floor, 3950 Ferrara Drive, Wheaton

Or contact Sara Cartmill, 301-949-3551, X19,  
[Cartmill@interagesmd.org](mailto:Cartmill@interagesmd.org)

### THE EVERGREEN SOCIETY

Johns Hopkins University's Evergreen Society offers non-degree-earning classes for retired individuals. Topics include a wide range of subjects, from law and literature to movies and religion. There's also a Lecture Series in which noted individuals discuss current events.

"Evergreen ... serves more than 400 members ... and continues to expand," said member Elaine Soffer. "Be on the lookout for possible side effects including congeniality, growth, and personal involvement. This is what Evergreen means to me."

Courses take place at JHU's Montgomery County Campus in Rockville, Maryland. The Fall semester begins September 18<sup>th</sup> and classes run Tuesdays – Thursdays from 10:00 am to 3:00 pm. Membership fees are \$595 per individual per year, which covers taking up to 12 courses annually. For more information: <http://evergreen.jhu.edu> or 301-294-7058.

**RSVP News** is published quarterly. If you have news to share or ideas for articles, contact me!

To conserve paper resources, we need your assistance. If you are receiving this issue by US Mail and have an email address, please email me and we will email future issues of **RSVP News** to you as a link, not an attachment.

Fall issue will be out on October 1, 2007.

Deadline for articles: Monday, 9/17/07

Kathleen Meaney Stobie  
phone: 240-777-2611

fax: 240-777-2601

email: [kathleen.stobie@montgomerycountymd.gov](mailto:kathleen.stobie@montgomerycountymd.gov)



Montgomery County Volunteer Center  
RSVP – Responding to a Call to Serve  
401 Hungerford Drive, 1<sup>st</sup> Floor  
Rockville, Maryland 20850

*Mark your calendars!* **COMMUNITY SERVICE DAY is coming on Saturday, October 27, 2007**

**RSVP News is now on the Montgomery County website!**

**<http://www.montgomerycountymd.gov/mcgtmpl.asp?url=/Content/Volunteer/RSVP.asp>**

### FALSE PERCEPTIONS OF AGING

**DEAR JIM:** *I'm 72, and I find my health declining and medications increasing steadily as I grow older. I have never been fond of exercise, and my eating habits have never been particularly good but I didn't expect to go down hill so quickly. Is this just an inevitable part of aging?*

**DEAR READER:** Sorry, but age is not an excuse for your problems. Contrary to what many people believe, poor health is not an inevitable consequence of aging. If you have not led a healthy lifestyle over the years, you are probably paying a price now in terms of chronic disease, disability, diminished quality of life, and increased health care costs. You may not be able to reverse any damage that may have already been done, but you can definitely reverse the downward trend. The Centers for Disease Control (CDC) cites that "much of the illness, disability, and death associated with chronic disease is avoidable through known prevention measures" including regular physical activity, healthy eating, avoiding tobacco use, and the use of early detection practices. e.g. screening for breast, cervical, and colorectal cancers, diabetes, and depression.

To begin with, start increasing your level of physical activity today. Not tomorrow – today! It doesn't have to be a "formal" exercise program, but at least start walking 20-30 minutes a day. If it's too hot or humid, too rainy or too *anything* that makes it difficult or uncomfortable to walk outdoors, just walk in place in front of your TV or with music.

Start watching your diet more carefully too. If you still insist on enjoying your favorite snacks, try drinking a full 8-oz glass of water before you take that first bite. It will automatically reduce your ability to consume as many calories and help you to keep your weight under control. If you smoke, just quit!

And, lastly, get regular checkups and screenings to stay ahead of the game. Don't wait until you have a serious problem before you take action. Doctors can detect many potential problems before they become troublesome, so schedule regular appointments with your doctor at least once or twice a year. There are many people in their 80s, 90s, and even in their 100s ENJOYING a high quality of life by simply LIVING a better life. You can, too, and it's never too late to start.

*Jim Evans is a 40-year veteran of the health & fitness industry and a nationally recognized consultant on senior fitness.*